



DIVING BOARD RULES

- Only one person at a time is permitted on the diving board and ladder
- Each person must wait until the proceeding diver has cleared the area before diving
- Only one bounce is permitted on the diving board except during instructional activity, under the supervision of a diving instructor
- Front dives and flips are allowed straight off the end of the board
- Cartwheels and handstands are prohibited
- Running dives are not allowed
- Jumping off the diving board into the arms of another swimmer is not permitted
- Divers must swim directly to the nearest ladder and leave the diving area
- Swimming under the diving board is prohibited
- Playing or swimming in the diving area is not permitted while boards are open for diving
- Hanging off the end of the diving board is not permitted
- Goggles, masks or floatation devices may not be worn going off the board
- As a safety precaution, before diving, divers must pass a swim test
- Adjustments of the diving board fulcrum may only be made at the discretion of aquatic staff
- The manager on duty may restrict certain dives based on safety concerns